

# Shifting Gears

## LEARN TO NEGOTIATE CHANGE

EMPLOYEE  
ASSISTANCE  
PROGRAM  
SEPT 2015



### Strategies to live with changes on the job or at home.

Your Employee Support Program can help with:

- Articles and tip sheets on coping with change
- Audio tips on change and goal setting
- Information on life stages and changes
- Tips for managing change

### WEBINAR

#### Coping With Change

**Sept 15th —12 pm, 2 pm ET**

Learn personal strategies on how to deal with both the losses and the gains that change brings to your life.

TOLL-FREE: **800-444-7262**

WEBSITE:

**[www.cmgassociates.com](http://www.cmgassociates.com)**

LOG-IN: **Newton**

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life

